

3rd TERM PE CLASS

SECRET TEST QUESTIONS (For Test #1)

Congratulations! You Have Discovered 1st The Secret Test Questions For TEST #1
Please Ask Ms. Salter or Mr. Malik If You Have Any Questions About The Upcoming Test. GOOD LUCK!

1. Please list **YOUR P.E.** student number. This is the number you use to locate your grade in P.E. class.
2. **The bone** that is located on **your hip is called?** This is the bone that is located where the step counter in placed.
 - (A) **Ily Crest Bone**
 - (B) **Iliac Crest Bone**
 - (C) **The Crest Bone**
 - (D) **The Crest Iliac Bone**
3. **How many MILES** have you **personally WALKED** in pe class? The answer is located on the step counter sheet in pe class.
4. When laying in the **inverted hurdler position** on your **gluteus maximus** what **muscle are you stretching?**
 - (A) **Your Biceps Femoris**
 - (B) **Your Biceps Brachii**
 - (C) **Your Vastus Medallis**
 - (D) **Your Anterior Tibialis**
5. List **10 Games** that we have played in **PE class so far?**
6. Describe **The [3]** proper techniques **in order to sprint correctly.**
7. Name **2 Muscles** that are **located in your arm?**
8. **Please explain** what **Adduction** is?
9. **Please explain** what **Abduction** is?